

Title of Material: _____

Publisher: _____

Reviewer: _____

Percentage of Standards: _____

Grades 7 and 8--possible 21 (content knowledge & skills)
(Number of Yes checks divided by 21 = percentage)

Idaho Achievement Standards

Health

for

Grades Seven and Eight



831 HEALTH STANDARDS – MIDDLE GRADES – GRADES 7 AND 8, SECTIONS 832 THROUGH 836.

832 HEALTHY LIFESTYLES.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Identify the components of physical fitness.	Indicate Page No.	
	b. Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders.	Indicate Page No.	
	c. Demonstrate knowledge of basic first aid and injury prevention.	Indicate Page No.	
	d. Explain the relationship among mental/emotional, physical, and social health as a basis for wellness.	Indicate Page No.	
	e. Recognize the impact of substance abuse on personal health.	Indicate Page No.	
	f. Identify how food choices affect health.	Indicate Page No.	
	g. Label the major components of each body system and identify the relationship to overall health.	Indicate Page No.	
	h. Analyze the importance of healthy relationships.	Indicate Page No.	
	i. Examine environmental health and recognize how it relates to a healthy lifestyle.	Indicate Page No.	

833 RISK-TAKING BEHAVIOR

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Identify risk factors that lead to STDs and pregnancy.	Indicate Page No	
	b. Evaluate the impact of risky behavior on personal health.	Indicate Page No	
	c. Identify the short-term effects and long-term consequences of substance abuse.	Indicate Page No	

834 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Describe and explain the causes and effects of conflict in schools and families.	Indicate Page No	
	b. Demonstrate communication skills that enhance personal relationships.	Indicate Page No.	

835. CONSUMER HEALTH.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Analyze the validity of health information, products, and services.	Indicate Page No	
	b. Identify the available resources that provide health care services and information.	Indicate Page No	

836. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Identify mental and emotional disorders.	Indicate Page No	

	b. Recognize the personal aspects of mental and emotional health.	Indicate Page No.	
	c. Identify stressors and techniques for stress management.	Indicate Page No.	
	d. Demonstrate aspects of emotional safety.	Indicate Page No.	
	e. Analyze factors that influence the use of alcohol, tobacco, and drugs.	Indicate Page No.	